

Welcome to PLT!

PLT Success Class - Lesson 2

Objectives

- set SMART goals
- explain the value of self-assessment
- understand how to use the diagnostic assessment to make a plan

Agenda:

Setting SMART goals

Making a plan

Work time

Reflection

Why do we set goals?



Not all goals are created equal...

Which goal(s) are the strongest? Why?

- A. I will go to a good college.**
- B. I will go to Stanford University.**
- C. I will graduate from a four-year university by June 2022.**
- D. I will graduate from a four-year university by June 2022 so that I can be prepared for my career as a computer programmer.**

A strong goal is a SMART goal

S



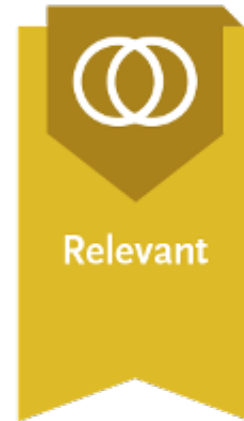
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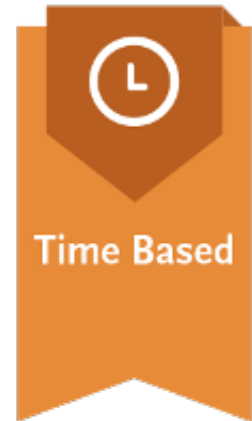
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Model

My Goal:

I want to improve my basketball skills.

Can that be more **Specific**?
Add more details. Be clear about what you want to happen.



I will make more of my free throw shots.

Model

My Goal:

I will make more of my free throw shots.

Can that be more **Measurable**?
Ask yourself, “How will I measure whether I have met my goal? What numbers will tell me that I have made it?”



I will make 200 free throw shots in one game.

Model

My Goal:

I will make 200
free throw shots in
one game.

Ask yourself, “Is this an **Attainable** goal? Can it be done?” Use the data you have about your abilities in order to determine if your goal is attainable.

I will make 8 out of 10 of the free throw shots that I attempt.

Model

My Goal:

I will make 8 out of 10 of the free throw shots that I attempt.

Can that be more **Relevant**? Explain why this goal matters to you. Add “so that” to the end of your goal, followed by your explanation of why the goal is important.

I will make 8 out of 10 of the free throw shots that I attempt so that I can make the varsity team next year.

Model

My Goal:

I will make 8 out of 10 of the free throw shots that I attempt so that I can make the varsity team next year.

Can that be more **Time-Bound**?
Add a deadline for you to complete your goal. Make sure that the deadline is attainable and relevant.

I will make 8 out of 10 of the free throw shots that I attempt in my game on November 1 so that I can make the varsity team next year.

Set your own goal for today!

In your PLP, write two SMART goals for the following:

- your long-term academic goal for the year that we talked about yesterday
- your short-term goal for the playlist you are working on today

Once you've written your goals, have your partner check them to make sure they are SMART!

Making a Plan



Now, we want to make a plan for HOW we are going to learn.

How do you know what you need to learn?

SELF-ASSESSMENT!

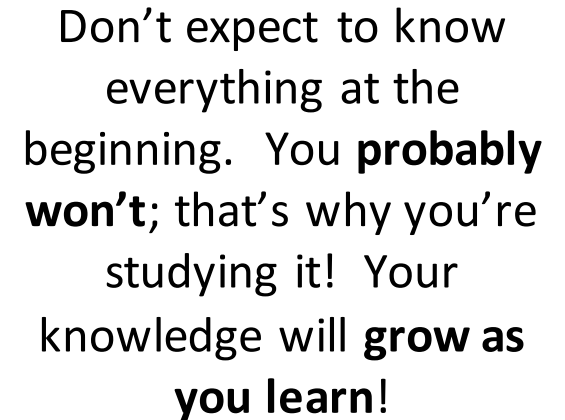
Self-assessing on a playlist

Possible Strategies:

try defining the vocabulary

try writing down everything you know about the objective

take the diagnostic and analyze the results.



Don't expect to know everything at the beginning. You **probably won't**; that's why you're studying it! Your knowledge will **grow as you learn!**

Using the diagnostic to self-assess

Name:

Date:

K-W-L Table

A table to help you clarify “What you KNOW”, “What you WANT TO KNOW; and “What you LEARNED” about a topic. This strategy can be used when a new concept or topic is introduced. You enter information into the first two columns prior to reading or researching a topic and the last column after you are finished reading or researching.

K What I Know	W What I Want to Know	L What I learned

Use the KWL strategy to identify what you already know and what you need learn!

Draw this 3-column chart on your paper!

Independent Practice

1. Open the playlist and write down the key terms in either the first or second column
2. Take the diagnostic assessment. As you take the diagnostic, sort terms and concepts into one of the three columns.
3. After you are done, write down the objectives in the correct column based on whether or not you mastered them in the diagnostic.

Reflection

In your PLP, answer the following questions thoughtfully:

Which sections of the self-directed learning cycle do you feel most comfortable with? Why?

Do you think setting SMART goals will be a useful strategy for you? Why or why not?

Do you think using the diagnostic to self-assess will be a useful strategy for you? Why or why not?